

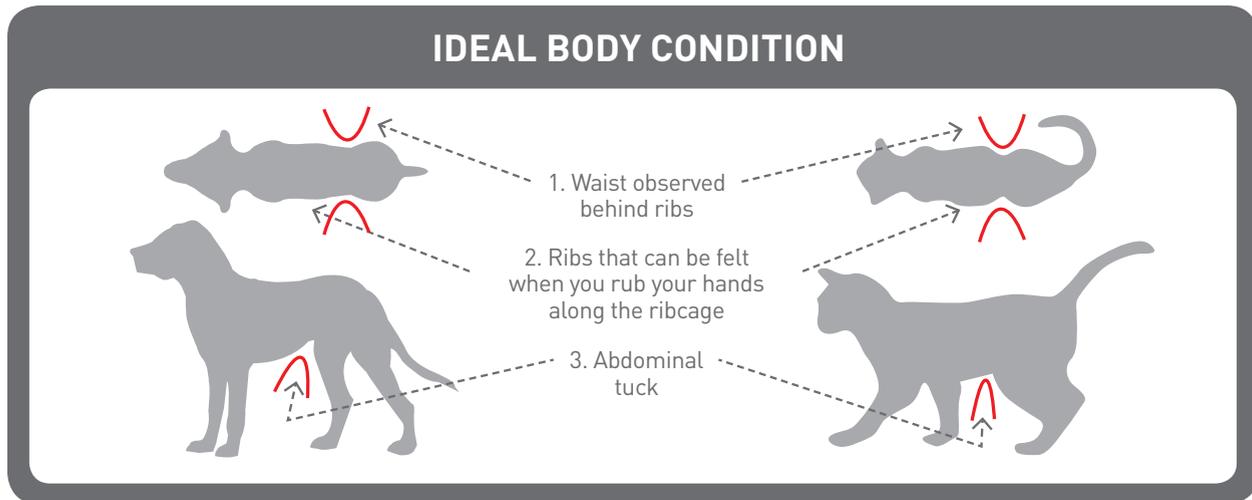
What Does Healthy Look Like?



Dogs and cats with a healthy body condition will have:

1. A visible waist (top view)
2. Ribs that can be felt when you rub your hands along the ribcage
3. A visible abdominal tuck (side view)

Your veterinary team can help you determine the body condition of your pet and how to properly manage their weight to keep them healthy.



INCREDIBLE IN EVERY DETAIL

Treat Them Right

Treats can be used to strengthen the bond you share with your pet, but be careful! Some treats can be very calorie-dense which can lead to weight gain.

Did you know? One hot dog is almost $\frac{1}{4}$ of your dog's total daily energy needs!*

Remember that treats should account for no more than 10% of your pet's daily energy needs.



| Common treats given by pet owners | | | |
|---|--------------------|---|-----|
| Treat | Quantity | Calories | |
|  | French Fry | 1 | 9 |
|  | Hot Dog | 1 | 110 |
|  | Chicken Breast | 75 g (size of the palm of your hand) | 142 |
|  | Medium Ground Beef | 75 g (size of the palm of your hand) | 214 |
|  | Cheddar Cheese | 50 g (size of 4 dice) | 202 |
|  | Peanut Butter | 1 tbsp (16 g) | 92 |
|  | Bread | 1 slice | 105 |



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*Based on a 10 kg (22 lb) dog requiring ~500 calories a day
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